



WILL HORMONE REPLACEMENT THERAPY HURT YOU?

A study in 2002 overturned conventional wisdom about HRT after menopause. The National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health (NIH) stopped early a major clinical trial of the risks and benefits of combined estrogen and progestin in healthy menopausal women due to an increased risk of invasive breast cancer. The large multi-center trial, a component of the Women's Health Initiative (WHI), also found increases in coronary heart disease, stroke, and pulmonary embolism in study participants on estrogen plus progestin compared to women taking placebo pills. There were noteworthy benefits of estrogen plus progestin, including fewer cases of hip fractures and colon cancer, but on balance they decided that the harm was greater than the benefit.

This pathfinder is designed for patrons looking to find general information about menopause and Hormone Replacement Therapy. The purpose is to familiarize a patron with the information available to make an informed decision in conjunction with her doctor. In no way is the material presented in this pathfinder a substitute for medical advice.

Where to begin: Many books about menopause may be found at the library call number 618.175061. To search our online catalog for more books, use any of the following search terms: *menopause*; *menopause – hormone therapy*; and *estrogen – therapeutic use*.

Books About Menopause

618.175 MEN The Menopause Bible: The Complete Practical Guide to Managing Your Menopause. 2005. (St. Stephens)

An authoritative and up-to-date sourcebook on menopause, including in-depth information on hormonal therapy and its natural alternatives, including phytoestrogens and herbal supplements.

618.175 MIN Minkin, Mary Jane. A Woman's Guide to Menopause and Perimenopause. 2005. (Newton, St. Stephens, Southwest)

Provides valuable new information on menopause and how women should approach it in a handbook that offers sound guidance for women dealing with the physical and emotional health issues surrounding menopause, covering such topics as hormone replacement therapy, PMS, treatments for the symptoms of menopause, osteoporosis, cancer prevention, and sexuality.

618.175 MOO Moore, Michele. The Only Menopause Guide You'll Need. 2004. (Newton, St. Stephens, Southwest)

The author gives advice about menopause's emotional and physiological symptoms, explaining complementary treatments, such as herbal supplements, meditation and exercise, as well as traditional therapies. The book reviews recent data on HRT and devotes a chapter to estradiol, a very powerful estrogen it refers to as "the forgotten estrogen." Includes specific recommendations for coping with symptoms ranging from night sweats to low libido, and outlines menopausal women's major health concerns, namely osteoporosis, cancer and heart disease.

618.1 LEE Lee, John R. What Your Doctor May Not Tell You About Menopause: The Breakthrough Book on Natural Hormone Balance. 2004. (Sherrills Ford)

An updated edition of his guide to the symptoms, side effects, and treatment of menopause surveys current hormone replacement treatments, discusses the influence of hormones on one's health, discusses a variety of natural alternatives to HRT, and tells how to maintain hormone balance naturally.

612.665 JON Jones, Marcia L. Menopause for Dummies. 2003. (Maiden)

This book, one of the popular "for dummies" series, explains the various stages of menopause, highlighting its effects on body and mind, hormone and alternative treatments, and lifestyle issues.

618.175061 WIL Wiley, T.S. Sex, Lies, and Menopause: The Shocking Truth About Hormone Replacement Therapy. 2003. (St. Stephens)

A provocative study of the women's health crisis of hormone replacement therapy dispels primitive beliefs about menopause and its effects, challenging the medical society with compelling research while also promoting herbal remedies as opposed to drug replacement therapy to help put an end to the epidemic of breast cancer.

618.175061 SEA Seaman, Barbara. The Greatest Experiment Ever Performed on Women: Exploding the Estrogen Myth. 2003. (Conover)

A women's health advocate takes a close-up look at the use of estrogen in treating menopausal women, debunking common myths about the use of hormones in preventing heart disease, osteoporosis, cancer, and other ailments; detailing estrogen's possible detrimental health impact; and explaining when estrogen is safe and potentially helpful.

General Medical Books With Articles About Menopause

616.0082 CAR Carlson, Karen J. The New Harvard Guide to Women's Health. 2004. (Newton, St. Stephens, Southwest, Sherrills Ford, Claremont, Conover)

618.1 MIN Minkin, Mary Jane. The Yale Guide to Women's Reproductive Health: From Menarche to Menopause. 2003. (Newton)

613.0422 OUR The Boston Women's Health Collective. Our Bodies, Ourselves: A New Edition For a New Era. 2005. (Newton, St. Stephens, Southwest)